

Abstract

The invention features a fiber that includes an optical fiber (110) containing a gain medium having a Raman active material with a Raman gain spectrum. The optical fiber is configured to receive energy at a wavelength λ_p . The fiber also includes at least three pairs of reflectors (120, 125, 150, 130, 160) disposed in the optical fiber. Each pair of reflectors forms a resonance cavity (140) with a resonance frequency.